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**BURSTING WITH CREATIVITY: USING SHORT, WEEKLY BURSTS OF THERAPEUTIC, CREATIVE ARTS SESSIONS IN A HOSPICE DAY SERVICE GROUP SETTING**

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‘People do deep emotional, spiritual and psychological work when they create art products, especially when they are supported by an experienced arts therapist’ (Bolton 2008).

This poster reviews and highlights the benefits of attending weekly ‘Creative Therapy Burst’ sessions provided for day service patients in a hospice setting. The groups are facilitated by the hospice music therapist and are planned and facilitated in collaboration with the multi-disciplinary day service team (registered nurses, clinical support workers and volunteers).

Although the creative arts are already used widely in this setting, this approach enables all patients to regularly have access to different types of therapeutic, creative arts group sessions, whereas in the past these types of sessions may have been limited to individual work or group sessions using only one of the creative arts (e.g. music or art).

These sessions have been in place since January 2022 and include the following activities: Creative Music Making (including improvisation), Japanese Haiku composition (from Luminare Scotland series of activities), The Lost Words (using this publication to explore our own ‘lost words’), music and relaxation sessions, creating pots with air drying clay, music and gentle movement, song writing, music and the emotions, virtual museum tours and reminiscing using music.

This adult hospice provides a rehabilitative approach to care and support and patients, alongside staff, identify aims and goals to focus on over a 10 week period of weekly attendance. As part of these aims and goals the team find the use of the creative arts beneficial to give their patients opportunities for creativity, shared experience, relaxation and stimulation.

The poster will show examples of these activities alongside quantitative and qualitative data collected from patient and staff.

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**THE ROLE OF THE MEN’S SHED IN A HOSPICE DAY SERVICE CONTEXT: IDENTIFYING FEATURES OF A SUCCESSFUL GROUP AND DEVELOPING RECOMMENDATIONS TO EXPAND THE SERVICE**

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**Background** Hospices are an important hub for communities and can provide places for peer support. However, historically hospices have often struggled to reach men who have a life-limiting illness, or who care or cared for ill partners. Gender specific peer support has been identified as one way to promote men’s health and well-being and reduce health and social inequalities. This includes initiatives such as Men’s Sheds; community spaces for men to meet, engage and work on projects. However, little is known about how Men’s Sheds can be successful in the hospice context or how they can benefit members.

**Aim** The aim of this project was to identify features for the success of a hospice-based Men’s Shed group and use this learning to contribute to the development of further Men’s Shed groups across other hospices.

**Method** Non-participant observations and semi-structured interviews were undertaken with 10 members of a Men’s Shed. Thematic analysis was used to identify key factors affecting success. We used a Delphi approach involving key stakeholders to develop draft recommendations for expanding the service to other hospices. These were then piloted at a second hospice and lessons learnt used to provide final recommendations.

**Findings** This study identified several key aspects of what it takes to develop a successful Men’s Shed and maintain it including: issues for the host organisation to consider from conception and beyond; an awareness of members’ motivations for attending; in-depth understanding of the benefits of attending gender specific peer group support; potential difficulties and suggested resolutions and group characteristics essential to maintain and develop the group.

**Conclusion** The study successfully developed recommendations which were piloted at a second site.

**Recommendations** Hospices developing a Men’s Shed need to consider the specific needs of service users and be willing to let users take ownership of the group.

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**FUTURE-PROOFING COMPLEMENTARY THERAPY SERVICES**

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**Abstracts**

**Aim** Research evidence indicates that integrated, co-ordinated care, and multi-disciplinary working is particularly valuable for people with complex needs and long term-conditions (SCIE, 2018), therefore, by coordinating health and social care and the expertise and skills of different professionals we aimed to provide holistic, person-centred care in a way that is more accessible to our patients and carers.

**Method** The Hospice Hub operates a flexible drop-in service, where no appointment is necessary. Here, patients and carers can socialise, speak to members of the Hub, and attend supportive sessions, including relaxation, reflexology, fatigue and breathe easy groups. We also offer separate facilitated carer support throughout the session. The space used for the Hub is a light, airy and cheerful space, where every week our hospice colleagues and volunteers are on hand, including our dedicated Hub Co-ordinator, Clinical Nurse Specialist, Healthcare Assistant, Complementary Therapist, Welfare Advisor, Spiritual Carer, Social Worker, and Occupational Therapist.

**Results** Since launching the Monday Hub drop-in the numbers have doubled. Due to this demand the decision was made to repeat the Hub on a Thursday which has been equally successful, and the feedback has been positive.

**Conclusion** Multidisciplinary teams have been shown to be an effective tool to facilitate collaboration between professionals and improve care outcomes (SCIE. SCIE Highlights No 4, 2018).